SELECTION OF ACTIVE PHARMACEUTICAL INGREDIENTS IN THE DEVELOPMENT OF A SOLID DOSAGE FORM BASED ON MEDICINAL RAW MATERIALS FOR THE TREATMENT OF IRON DEFICIENCY ANEMIA

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Introduction. The problem of anemia in young children is of interest to a wide range of specialists, due to its significant prevalence and significant impact on the health of the child population.

According to WHO data, on average, in the structure of all anemias, the share of iron deficiency anemia (IDA) is 80-90%. WHO experts have classified iron deficiency anemia as the third most important disease associated with nutritional deficiencies and is one of the leading causes of health problems, especially in young children.

The purpose of the study. There is a justification for the choice of active pharmaceutical ingredients for the development of a solid dosage form for the therapy of the pathology described above.

Research methods. On the basis of the data of the scientific literature, a choice of active pharmaceutical ingredients in the composition of the medicine was made, a dosage form was chosen and the optimal technology was experimentally developed.

Main results. According to the conclusion of WHO experts, 75% of all patients with iron deficiency anemia should be treated only with herbal remedies, which have a wide spectrum of fewer side effects and are characterized by a gradually increasing therapeutic effect with a mild and moderate effect.

The expediency of phytotherapy in the treatment of IDA is also due to the possibility of using a variety of biologically active substances of medicinal plants with the optimal composition of phytopreparations to have a beneficial effect on various organs and systems of the body and the immune system.

That is why we chose dry extract of Stellaria media, which is a source of iron in the treatment of anemia and increases the number of erythrocytes, as an active pharmaceutical ingredient. The high content of vitamins and microelements in Stellaria media helps to increase immunity.

Dry extracts of Actinidia argute and Spinacia oleracea, which are used in the treatment of IDA, and have general strengthening properties, were chosen also.

Conclusions. On the basis of the conducted research, the relevance of the development of a solid dosage form, namely granules for the treatment of iron deficiency anemia, has been established.